More Heat Ahead; Here Some Tips to Keep Cooler

part of the country, heat spells are often more bearable than they are in the midwest and the east Nonetheless the heat is very trying to many persons, and heat-induced illnesses and deaths are not uncommon.

Most heat casualties are unnecessary, for the ill effects of high temperatures can most of-ten be avoided if people would only adapt their activity to the

when children are playing they seem to experience very little discomfort. Their heat tolerance is often a matter of some wondering comment on the part of suffering adults. While some of the suffering may be in the imagination, not all of it is. There are susceptible individuals who are made very miserable by excessive hear and there are others, particu larly older people or those who have some heart or other chronic condition, to whom prolonged spells of hot weather

The emergencies associated with excessive heat include heat cramps, heat stroke (sunstroke) and heat exhaustion. Of the lot, heat stroke is perhaps the most serious. the most serious.

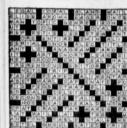
HEAT STROKE occurs more frequently in men than in women and is more common in elderly persons and in those individuals addicted to alcohol. It is often accompanied by an extremely high fever, which is caused by the failure of the cooling mechanism (cessation of sweating) of the body. Symp-toms, in addition to fever, in-clude a violent headache, sudden collapse or unconsciousness, and a hot, dry, flushed

On the other hand, some patients may perspire, but col-lapse follows in either case. When this condition occurs, medical aid should be obtained as quickly as possible, while first aid measures consist of keeping the patient in a resting position with the head and shoulders elevated and making him as cool as possible with cold sponges or by wrapping in cold, wet sheets or immersion in cold water. No stimulants of any kind should be given.

THE SYMPTOMS and treatment of heat exhaustion are very different from those of heat stroke. The skin is pale and cold, and perspiration is profuse. Dizziness and nausea may be experienced. First aid consists of keeping the patient warm, flat on his back with the head low, and administering a half teaspoon of salt, or a few salt tablets washed down with some swallows of cold water. Coffee or a teaspoon of aromatic spirits of ammonia may

matic spirits of ammonia may be given as a stimulant, Unless recovery is swift, it is advisable to call a physician.

Heat cramps, which occur especially in the muscles of the legs and abdomen, are often accompanied by dizziness, faintness and exhaustion. This condition is usually brought on by an excessive intake of fluids and excessive perspiration, which leads to the loss of much body salt. This may occur during strenuous physical exer-cise or hard physical labor. The emergency remedy con-sists of the taking of a few salt



Southern California often experiences the hottest weather of the year during September and the early part of October, and the current heat spell seems to follow this pattern. Because of the low humidity that generally prevails in this that generally part of October, and the early part of October, and the current heat spells well-balanced diet should be eaten, and most people feel more comfortable if heavy meals are avoided. Well-salted food is usually adequate, but of October, and the current heat spell belonged to prevent dehydration. A well-balanced diet should be eaten, and most people feel more comfortable if heavy meals are avoided. Well-salted food is usually adequate, but of October, and the current heat spells are also belong the october, and the current heat spells are also belong the october. persons with any kidney or heart condition are advised to consult their doctor before using more than is customary. Salt tablets may be used as a preventive by those persons who do hard physical work or who insist on strenuous exer

LIGHT-COLORED and loose only adapt their activity to the weather and avoid prolonged exposure to the sun.

NO MATTER how hot it is, when children are playing they seem to experience very little seem to experience very little information on

comfort will be mailed to any Public Notice

tablets or half a teaspoon of salt followed by a glass of cold water.

THE DRINKING of excessive

This ordinance shall take effect

This ordinance shall take effect

/s/ Albert Isen
Mayor of the
Mayor of the
ATFEST.
City of Torranes
/s/ Vernon W. Coll
City Clerk of the
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City Clerk of the
City Clerk of the
City Of TorraneNIA
COUNCIL CITY OF TORRANCE
I, VERNON W. COLL, City Clerk
of the City of Torrance, California,
City Of TORRANCE
Ordinance was introduced and specific of the City of Torrance and specific of the City Council held on the 3rd day of
September, 1985, and adopted and
Council held on the 10th day of September, 1985, by the following roll
call voice:
Council Lenken, Beasley,
Benstead, Drale, Miller, Sciarrotta,
Vice and Isen
NOES: COUNCILMEN: None
ABSENT: COUNCILMEN: None
City Of Torrance
S-Sept 22, 1963

approved by the city engineer.

3. The gross land area of the development.

4. A general development plant of the property of the section of all existing engenents of the property.

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J. HUFFMAN

My Commission expires 1967. S-Sept. 8, 15, 22, 29, 1963.

Public Notice

CERTIFICATE OF BUSINESS

pt. 8, 15, 22, 29, 1963.

By Residential) zoning.

SECTION 2.

That all ordinances of the City of Torrance, inconsistent herewith, to the extent of Torrance inconsistent herewith, to the extent of Torrance inconsistent herewith, to the extent of the City of Torrance inconsistent herewith, to the extent of the consistency and the consistency and the consistency and the consistency and the consistency of the consistency and the co Mayor of the
City of Torrance

/s/ Vernon W. Coli
City Clerk of tie
City Clerk of tie
City Clerk of tie
STATE OF CALLIFORNIA
COUNTY OF LOS ANGELES) as
CUTY OF TORRANCE
I. VERNON W. COLL, City Clerk
of the City of Torrance, California,
to hereby certify that the foregoing
to the City of Torrance, California,
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TH-1899
CERTIFICATE OF BUSINESS,
FICTITIOUS NAME
The undersigned do certify they are connected that said firm is composed of the connected and server as a connected and serve

Public Notice

my hand 1963. JOHN DeBRUIN /s/

Torrance Caus FA 8-8000 S-Sept. 15, 22, 29, Oct. 3, 1963

Public Notice

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S-Sept. 22, 1963

Albert Isen Mayor of the Mayor of the Mayor of the Mayor of the ATTEST: City of Torrance // (Albert Isen Mayor of the Mayor of the